

# BODY MASS INDEX

According to the National Institutes of Health Clinical Guidelines, overweight in adults is defined as a Body Mass Index (BMI) between 25 lbs/in<sup>2</sup> to 29.9 lbs/in<sup>2</sup>; and obesity in adults is identified by a BMI of 30 lbs/in<sup>2</sup> or greater.<sup>28</sup> These definitions are based on evidence that suggests that health risks are greater at or above a BMI of 25 lbs/in<sup>2</sup> compared to those at a BMI below that level. The risk of premature death increases with an increasing BMI. This increase in mortality tends to be modest until a BMI of 30 lbs/in<sup>2</sup> is reached.

Weight in Pounds														
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

■ Healthy Weight  
 ■ Overweight  
 ■ Obese